

LOVE & RELATIONSHIPS TAPPING AFFIRMATIONS

I am lovable as I am.

I am forgiving my self for thinking I need to be perfect to be loved.

I am clearing my past beliefs about love now.

I am willing to really LOVE my self.

I am willing to take good care of my heart, mind and body.

I have a new ability to be present with my self and with others.

I allow others to see me, hear me touch me, feel me and to love me.

I am fully regenerating my heart now.

I move slowly, gently and naturally in relationships.

I pay attention to what I am feeling and noticing in my self and relationships.

I check to see where my triggers come from and tap to release them spontaneously.

I am able to honestly express my feelings and needs in a loving way.

I am honest, loving and direct in all my relationships.

I create space and time for cultivating loving relationships.

I am willing to see the love inside my self and to tend it daily.

I am forgiving those who didn't know how to love me before.

I forgive my self for learning about love as I did.

I forgive my self for holding on to hurts, to protect my heart.

My heart can open and relax now, things are different now.

It is safe for me to deeply love, my heart is made for loving.

My love is pure, strong and true and playful.

My heart is attracting love that is pure, strong, true and playful.

I am worthy of true love.

I nurture relationships with time, presence, service, simple gifts, and affectionate touch.

My relationships are a reflection of the living love inside of me.

I accept my ability to choose and create healthy stable relationships.

My heart is open, alive and allowing love to flow through it.

I am within the source of TRUE LOVE at all times, even now.

LOVE is my eternal nature.